

Oven Baked Chicken Stew¹⁰

Number of Servings: 10 (306.49 g per serving)

Amount	Measure	Ingredient
2.00	lb	Chicken, breast, w/o skin, raw
4.00	tsp	Flour, all purpose, white, bleached, enrich
1.00	Tbs	Oil, canola
1 2/3	cup	Onion, white, fresh, chpd
1 2/3	cup	Celery, fresh, diced
2 2/3	cup	Carrot, fresh, strips/slices, USDA
2 2/3	cup	Potatoes, w/skin, fresh, diced
1/2	tsp	Salt, table, iodized
2.00	tsp	Herb, thyme, leaf, dried
4.00	cup	Juice, tomato vegetable, low sod

Nutrients per serving

Nutrition Facts	
Serving Size (306g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 330mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 21g	
Vitamin A 140% • Vitamin C 60%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Saute diced chicken breast in oil over low heat. Stir in flour to lightly coat chicken. Add vegetables, seasonings and low sodium vegetable juice (low sodium V-8). Bring to a simmer. Cover with foil or tight fitting lid. Place in 325 degree oven and bake for 1 hour or until vegetable and chicken are tender.

Serving size = 1 1/8 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 165 F or higher.

Notes

Dice raw chicken breasts; carrots may be frozen; potatoes may be peeled;